CLAIMS

The invention claimed is:

1. A media system comprising:

a video system comprising:

a video screen

a screen generator connected to the video screen and comprising programming to flash the video screen to convey channel identification information via a predetermined serial protocol; and a remote control comprising:

an optical receiver connected to receive the video screen flashes and convert them to an electrical signal, and

a controller connected to the optical receiver for decoding the electrical signal, whereby the channel identification information may be conveyed to the remote control.

2. The media system of Claim 1, wherein the video screen is operably connected to flash light and dark screens.

3. A set top box for use in a media system, comprising:

a screen generator adapted to be connected to a video screen and cause the video screen to flash; and

a controller connected to the generator and comprising programming for causing the video screen to flash channel identification information using a predetermined serial protocol.

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4. A remote control comprising:

an optical receiver for receiving visible light and converting the light to an electrical signal;

a controller connected to the optical receiver and comprising programming for decoding the electrical signal to obtain channel identification information; and programming for transmitting a request for channel identification information via an IR transmitter.

5. A method of editing a favorite channel table in a remote control, the method comprising:

transmitting from the remote control to a video system a channel identification request;

receiving through an optical receiver in the remote control a series of video screen flashes;

decoding the series of video screen flashes to determine the channel identification; and

modifying the favorite channel table in the remote control with the channel identification.

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6. The method of Claim 5, wherein modifying the favorite channel table comprises deleting from the favorite channel table a channel corresponding to the channel identification.

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- 7. The method of Claim 5, wherein modifying the favorite channel table comprises adding to the favorite channel table a channel corresponding to the channel identification.
- 8. A computer readable medium for use in a remote control, the medium comprisingprogramming for:

transmitting via IR a channel request to a video system;

determining a channel based upon a series of video screen flashes transmitted by the video system and received by an optical receiver in the remote control; and modifying a favorite channel table stored in memory of the remote control with the determined channel.

9. The medium of Claim 8, comprising programming for:

sensing a user activating a predetermined key input on the remote control; initiating the transmission of the channel request in response to sensing the predetermined key input; and

basing the programming for modifying the favorite channel table on the predetermined key input.

- 10. The medium of Claim 9, wherein the predetermined key input consists of a single20 key input.
 - 11. The medium of Claim 10, wherein the programming for modifying the favorite channel table comprises programming for adding to the table a channel corresponding to the determined channel.